

The British School of Guangzhou - Weekly Menu

Lunch Set Menu 02/03/2026 - 06/03/2026

weekly menu

Date	Monday,02/03/26	Tuesday,03/03/26	Wednesday,04/03/26	Thursday,05/03/26	Friday,06/03/26
Soup	Miso Soup	Cabbage & Ginger Soup	Red Bean Soup	Roast Tomato Soup	Veggie Soup
Main Dish 1	Teriyaki Chicken with Steamed Rice	Bolognese Lasagna with Garlic Bread	Chicken Fajita with Roasted Potatoes	Fish Fingers with Mash Potato	Chicken Parmigiana with Mini Potato
Main Dish 2	Stir Fried Pork with Bell Peppers	Stewed Pork with Pumpkin and Steamed Rice	Green Beans with Minced Pork Stir-Fry	Steamed Chicken with Mushrooms	Thai Fried Rice with Pork & Basil
Vegetarian Option	Mixed Beans Masala	Vegan Chili Con Carne with Tortilla	Eggplant, Potato & Green Beans Stir Fry	Quinoa & Mushrooms Balls	Baked Rice Kimchi with Veggies & Tofu
Vegetable Sides	Cauliflower & Carrots/Sauteed Lettuce	Roast Pumpkin/Sateed water Spinach	Corn on Cob/Steamed Bok Choi	Sauteed Broccolis/Steamed Lettuce	Steamed Broccoli/Garlic Pak Choi
Noodle Station (Primary Canteen)	Fried Chicken Tantan Ramen				
Sandwich (Secondary)	Everyday Stuffing (4*Meats, 5*Vegs and Egg)				
Dessert	Dessert of the Day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal):744	Protein (g): 24
Fat (g):24	Carbohydrate (g):115



The British School of Guangzhou - Weekly Menu

Lunch Set Menu 09/03/2026 - 13/03/2026

weekly menu

Date	Monday, 09/03/26	Tuesday, 10/03/26	Wednesday, 11/03/26	Thursday, 12/03/26	Friday, 13/03/26
Soup	Minestrone	Tomato & Lentils Soup	Mung Bean Soup	Tofu & Mushrooms Soup	Roast Pumpkin Soup
Main Dish 1	Pasta Bolognese with Garlic Bread	Mexican Meatballs with Corn Chips	Butter Chicken with Steam Rice	Sweet & Sour Fish with Steamed Rice	Spanish Pork Stew with Steamed Rice
Main Dish 2	Eggplant & Pork Stir Fry	Sauteed Chicken with Veggies	Sauteed Mushroom with Beef	Beef with Bean Curd & Pepper	Sweet & Sour Deep Fried Eggs with Pickles
Vegetarian Option	Vegan "Meatballs" in Tomato Sauce	Cauliflower & Potato Masala	Vegetarian Dumplings with Rice noodles	Potato & Roast Bell Peppers Frittata	Cauliflower & Chickpea Coconut Curry
Vegetable Sides	Sauteed Broccoli & Carrots/Stir Fried Bok Choi	Roast Veggies/Sauteed Tatsoi	Grilled Zucchini/Sauteed Napa Cabbage	Cauliflower & Carrots/Sauteed Lettuce	Zucchini with Tomatoes/Sauteed Water Spinach
Noodle Station (Primary Canteen)	Jajangmyeon(Korean-style Noodles with Black Bean Sauce)				
Sandwich Special(Secondary)	Everyday Stuffing (4*Meats, 5*Vegs and Egg)				
Dessert	Dessert of the Day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal):754	Protein (g):24
Fat (g):24	Carbohydrate (g):116



The British School of Guangzhou - Weekly Menu

Lunch Set Menu 16/03/2026 - 20/03/2026

weekly menu

Date	Monday, 16/03/26	Tuesday, 17/03/26	Wednesday, 18/03/26	Thursday, 19/03/26	Friday, 20/03/26 Caribbean Foods promotion Day
Soup	Miso Soup	Green Beans Soup	Sweet Corn Soup	Red Bean Soup	Parihuela Mixta
Main Dish 1	Bacon & Mushroom Cream Pasta with Garlic Breads	Roasted Chicken Wings with French fries	Beef Chili Con Carne with Tortilla	Chicken Masala with Steamed Rice	Trubudaian Chicken Curry with Roti
Main Dish 2	Sauteed Chicken with Bell Peppers	Green Beans & Char Siu Stir Fry Egg	Stir Fried Pork with Bean Sauce & Fried Rice Noodles	Sauteed Chinese Pot with Duck, Taro And Green Beans	Jamaican Stew Beef with Rice & Peas
Vegetarian Option	Roast Pumpkin & Cheese Frittata	Quinoa & Cauliflower Balls	Lentils & Spinach Lasagna with Garlic Bread	Veggie Biryani Rice	Trubudaian Curry with Rotig
Vegetable Sides	Sauteed Veggie Mix/Steamed Lettuce	Stir Fried Veggie Mix/Sauteed Cabbage	Grilled Veggie Mix/Sauteed Mustard Leaves	Roast Pumpkin/Sauteed Lettuce	Broccoli/Choi sum
Noodle Station (Primary Canteen)	Chicken Laska				
Sandwich Special(Secondary)	Everyday Stuffing (4*Meats, 5*Vegs and Egg)				
Dessert	Dessert of the Day & Dairy Product				

Daily average nutritional reading over the
whole week:

Energy(Kcal):754
Fat (g):24

Protein (g):24
Carbohydrate (g):116



The British School of Guangzhou - Weekly Menu

Lunch Set Menu 23/03/2026 - 27/03/2026

weekly menu

Date	Monday, 23/03/26	Tuesday, 24/03/26	Wednesday, 25/03/26	Thursday, 26/03/26	Friday, 27/03/26
Soup	Roast Tomato & Quinoa Soup	Cabbage & Noodles Soup	Kenchinjiru Soup	Tofu & Mushrooms Soup	Lentils Soup
Main Dish 1	Chicken Blanquette with Pasta	Cottage Pie & Gravy with Garlic Breads	Pork Meatballs with Steamed Rice	Cajun Roasted Fish with Potato au Gratin	Coconut Chicken Curry with Rice
Main Dish 2	Sauteed Zucchini with Pork and Black Beans	BBQ Pork with Steamed Rice	Sauteed Chinese Pot with Duck, Taro And Green Beans	Chinese Beef Stew & Radish with Steamed Rice	Veggie & Char Siu Stir Fry Mix
Vegetarian Option	Cheese & Eggplant Macaroni Bake with Garlic Bread	Onions & Eggs and Mushroom Pie	Stir Fried Tofu with Udon Noodles	Stir Fried Miso Eggplant with Steamed Rice	Chickpea Stew & Mash Potato
Vegetable Sides	Sauteed Broccoli & Carrots/Stir Fried Bok Choi	Roast Veggies/Sauteed Tatsoi	Grilled Zucchini/Sauteed Napa Cabbage	Cauliflower & Carrots/Sauteed Lettuce	Zucchini with Tomatoes/Sauteed Water Spinach
Noodle Station (Primary Canteen)	Thailand Roasted Pork Rice Noodles				
Sandwich Special(Secondary)	Everyday Stuffing (4*Meats, 5*Vegs and Egg)				
Dessert	Dessert of the Day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal):754
Fat (g):24

Protein (g):24
Carbohydrate (g):116



The British School of Guangzhou Weekly Snack Menu



Snack Menu

Week 1	Class	Monday	Tuesday	Wednesday	Thursday	Friday
9:30am	Toddlers/ Pre-Nursery/ Nursery	Milk & Fresh-Cut Fruits & Cutted-Boiled Egg	Yoghurt & Fresh-cut Fruits & Jam Sandwich	Yoghurt and whole wheat Raisins Bread & Fresh-Cut Fruits	Yakult and Mini Tuna Sandwich & Grapes	Milk & Fresh-cut Fruits & Croissant
14:00PM	Pre-Nursery/ Nursery	Yakult & Cucumber and Carrot Sticks & Saqima	Milk & Fresh-Cut Fruits & Tomato Pasta	Milk & Pancake & Fresh-Cut Fruits	Milk & Cookies & Fresh-Cut Mixed Fruits	Yoghurt and Mini Cheese Burger & Fresh-cut Mixed Fruits
Week 2	Class	Monday	Tuesday	Wednesday	Thursday	Friday
9:30am	Toddlers/ Pre-Nursery/ Nursery	Milk and Fresh-Cut Fruits & Mini Donut	Yoghurt & Fresh-cut Fruits & Mini Cucumber & Cheese Sandwich	Yoghurt and Muffin & Fresh-Cut Fruits	Milk and Vegetarian Bun & Fresh-Cut Mixed Fruits	Milk & Fresh-Cut Dragon Fruit and Orange & whole wheat Raisins Bread
14:00PM	Pre-Nursery/ Nursery	Yakult & Crackers & Cheese & Fresh-cut Cucumber and Carrot Sticks	Milk & Fresh-Cut Fruits & Soda biscuit with cheese	Milk & Pancake & Cherry tomato & Fresh-cut Fruits	Yoghurt and Garlic Bread & Fresh-cut Mixed Fruits	Milk & Egg Tart & Fresh-Cut Mixed Fruits
Week 3	Class	Monday	Tuesday	Wednesday	Thursday	Friday
9:30am	Toddlers/ Pre-Nursery/ Nursery	Yakult & Cotted-Boiled Egg & Fresh-Cut Fruits	Milk & Homemade Pineapple bread & Fresh-Cut Fruits	Yoghurt & Waffle & Fresh-Cut Fruits	Yoghurt & Fresh-Cut Fruits & Pancake	Milk & Whole wheat Cookies & Fresh-cut Fruits
14:00PM	Pre-Nursery/ Nursery	Yoghurt & Homemade Muffin & Fresh-Cut Fruits	Yoghurt & Mini Cucumber & Cheese Sandwich & Fresh-Cut Fruits	Milk & Scrambled Eggs & Fresh-Cut Fruits	Milk & Whole wheat biscuit & Fresh-cut Fruits	Yakult & Homemade cup cake & Fresh-Cut Fruits
Week 4	Class	Monday	Tuesday	Wednesday	Thursday	Friday
9:30am	Toddlers/ Pre-Nursery/ Nursery	Milk & Fresh-Cut Fruits & Cutted-Boiled Egg	Yoghurt & Fresh-cut Fruits & Jam Sandwich	Yoghurt and whole wheat Raisins Bread & Fresh-Cut Fruits	Yakult and Mini Tuna Sandwich & Grapes	Milk & Fresh-cut Fruits & Croissant
14:00PM	Pre-Nursery/ Nursery	Yakult & Cucumber and Carrot Sticks & Saqima	Milk & Fresh-Cut Fruits & Tomato Pasta	Milk & Pancake & Fresh-Cut Fruits	Milk & Cookies & Fresh-Cut Mixed Fruits	Yoghurt and Mini Cheese Burger & Fresh-cut Mixed Fruits
Week 5	Class	Monday	Tuesday	Wednesday	Thursday	Friday
9:30am	Toddlers/ Pre-Nursery/ Nursery	Milk and Fresh-Cut Fruits & Mini Donut	Yoghurt & Fresh-cut Fruits & Mini Cucumber & Cheese Sandwich	Yoghurt and Muffin & Fresh-Cut Fruits	Milk and Vegetarian Bun & Fresh-Cut Mixed Fruits	Milk & Fresh-Cut Dragon Fruit and Orange & whole wheat Raisins Bread
14:00PM	Pre-Nursery/ Nursery	Yakult & Crackers & Cheese & Fresh-cut Cucumber and Carrot Sticks	Milk & Fresh-Cut Fruits & Soda biscuit with cheese	Milk & Pancake & Cherry tomato & Fresh-cut Fruits	Yoghurt and Garlic Bread & Fresh-cut Mixed Fruits	Milk & Egg Tart & Fresh-Cut Mixed Fruits